



COMMONWEALTH GAMES CHALLENGE

WEEK 8 – GYMNASTICS

The participant performs a one foot stand with an aim to hold the position for a minimum of 10 seconds.

- Once the balance can be held for 10 seconds the participant gradually increases the difficulty through increasing the height and decreasing the size of the balance area.
- 1. One foot stand on floor.
- 2. One foot stand on bench.
- 3. One foot stand on table.
- 4. One foot stand on floor (on tip toe).
- 5. One foot stand on bench (on tip toe).
- 6. One foot stand on table (on tip toe).
- 7. One foot stand on floor with eyes closed.
- 8. One foot stand on floor with eyes closed (on tip toes).
- Each participant gets three opportunities to balance and they must hold the balance for 10 seconds to progress to the next balance. Once achieved this can be repeated at 20 seconds and 30 seconds as a maximum time limit.

